REVERSE DIABETES: Clean eating and intermittent fasting are the KEYS for preventing and reversing Type 2 Diabetes

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Tags: Clean Eating, clinical trial, Cures, diabetes, diabetes research, diabetes science, Diabetes treatment, fasting, goodhealth, healing, intermittent fasting, longevity, natural cures, natural health, organic food, prevent diabetes, prevention, remedies

Intermittent fasting (IF) has emerged as a promising strategy for improving metabolic health, particularly for individuals with Type 2 diabetes (T2D). By alternating periods of eating with periods of fasting, IF helps regulate blood sugar, improve insulin sensitivity, and reduce overall metabolic stress. While these benefits have long been recognized, few studies have directly examined IF as a treatment for T2D remission—until recently.

- **Clinical Evidence of Diabetes Remission**: A randomized controlled trial (RCT) found that nearly half (47.2%) of participants using a specific intermittent fasting plan (Chinese Medical Nutrition Therapy) achieved Type 2 diabetes remission, with 44.4% maintaining remission after one year—compared to only 2.8% in the control group.

- **Reduced Medication Costs**: Participants following the intermittent fasting diet reduced their diabetes medication costs by over 77%, demonstrating not only health benefits but also significant economic advantages.

- **Multiple Fasting Methods Available**: Various intermittent fasting schedules—such as 16:8, 12:12, 5:2, alternate-day fasting, Warrior Diet (20:4), One Meal a Day (OMAD), and Eat-Stop-Eat—allow individuals to choose an approach that suits their lifestyle, health status, and personal preferences.

- **Holistic Metabolic Support**: Beyond fasting, maintaining a balanced diet, managing stress, improving sleep quality, and incorporating targeted supplements can further enhance insulin sensitivity, blood sugar balance, and overall metabolic health.

Put Type 2 Diabetes Into Remission With This Intermittent Fasting Diet

A groundbreaking randomized controlled trial (RCT), published in the *Journal of Clinical Endocrinology & Metabolism*, introduced a specialized IF plan called Chinese Medical Nutrition Therapy (CMNT). The study followed adults aged 38–72 who had been living with T2D for one to 11 years. Participants underwent a three-month CMNT intervention and a three-month follow-up.

The results were remarkable: nearly half (47.2%) of those in the CMNT group achieved diabetes remission, defined as maintaining healthy hemoglobin A1c (HbA1c) levels below

6.5% for at least three months after discontinuing all antidiabetic medications.

In comparison, only 2.8% of participants in the control group achieved remission. Even more compelling, after one year, 44.4% of CMNT participants maintained remission. In addition to better health outcomes, CMNT participants experienced a 77.2% reduction in medication costs. This suggests that intermittent fasting protocols, when medically supervised, can be both clinically effective and economically advantageous as part of T2D treatment.

For those interested in incorporating IF, several approaches are available, ranging from beginner-friendly to advanced:

1. **16:8 Time-Restricted Fasting** – Fast for 16 hours and eat during an 8-hour window (e.g., 6 p.m.–10 a.m.). This popular, sustainable method works well for most people.

2. **12:12 Overnight Fasting** – A simpler, balanced approach: fast for 12 hours (e.g., 8 p.m.–8 a.m.), making most fasting hours overnight.

3. **Alternate-Day Fasting** – Fast every other day, either fully or with very limited calories (around 500) on fasting days.

4. **5:2 Diet** – Eat normally five days per week, then restrict calories to 500–600 on two nonconsecutive fasting days.

5. **Warrior Diet (20:4)** – Eat lightly (mostly fruits and vegetables) during the day, then consume one large meal at night within a four-hour window.

6. **One Meal a Day (OMAD)** – A 23-hour fast with all daily calories consumed in a single meal or short eating window.

7. **Eat-Stop-Eat** – Fast for a full 24 hours once or twice per week (e.g., 5 p.m. to 5 p.m. the next day).

Importantly, not all IF strategies are appropriate for every individual, especially those with medical conditions or on medications. Anyone considering IF for diabetes should consult with a qualified healthcare professional to ensure safety and proper monitoring.

Overall, this RCT reinforces that intermittent fasting, when personalized and clinically supervised, is a viable tool for achieving Type 2 diabetes remission. Combined with other healthy lifestyle habits—balanced nutrition, stress management, restorative sleep, and targeted supplementation—IF offers a powerful, sustainable way to restore metabolic health and reduce dependence on medication.

Tune your food news frequency to FoodSupply.news and get updates on clean eating and intermittent fasting being the keys to preventing and reversing Type 2 Diabetes.

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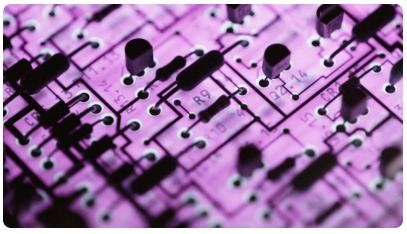

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